

Taco Flavored Potatoes

Cook time: 40 minutes

Makes: 5 servings

Ingredients

- 4 new potatoes (medium, rose or white)
- 2 tablespoons olive oil
- 2 tablespoons taco seasoning (1/2 package)
- 3/16 cup corn meal

Directions

1. Preheat oven to 400 degrees.
2. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces.
3. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated.
4. Sprinkle the seasonings and corn meal over potatoes, toss again until coated.
5. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown.

Source: California Health Department - Los Angeles County, Es Facil CampaignSubmitted by Maria Cisneros

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available